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FIRST 5 CALIFORNIA AND CHEF LALA HEALTHILY CELEBRATE HISPANIC HERITAGE MONTH

Authentic Recipes Provide Sneak Peak of Forthcoming Cookbook

(Sacramento, CA) – In honor of Hispanic Heritage month, First 5 California and internationally-recognized Chef Lala present a pair of flavorful recipes that celebrate Latin cuisine. The wholesome recipes developed by the certified nutritionist and celebrity chef are meant to inspire parents and their young children to prepare easy-to-make snacks that are both healthy and delicious.

“Parents need to be equipped with practical resources when it comes to preparing meals for their children,” said First 5 California Executive Director Kris Perry. “With demanding family schedules that are all too common these days, it is refreshingly helpful for parents to have the ability to cook up a tasty and nutritional entrée.”

Recent studies indicate that the number of Latino children who are overweight is rising at an alarming rate. What’s more, the obesity epidemic is contributing to the growing number of children who later in life develop type 2 diabetes and heart disease.

Working against this trend, First 5 California recently partnered with Chef Lala to create a 10-recipe bilingual cookbook that will feature nutritious recipes with a definitive Latin flavor for families with young children. The recipes released this month are a preview of what the cookbook will include — healthy dishes for breakfast, lunch and dinner as well as nutrition tips. The free cookbook will be released statewide early next year.

“As parents, we are often told what not to do, but it’s also good to know what we can do,” said Chef Lala. “My passion is to teach people that Latin cuisine isn’t just delicious, but can also be healthy at the same time.”

Chef Lala is a trusted and popular voice within the Latino community. In addition to being a chef, she is a working mother who recognizes the challenges that come with raising a young child.

For more information about the recipes, please visit www.first5california.com.

About First 5 California

First 5 California, also known as the California Children and Families Commission, was established after voters passed Proposition 10 in November 1998, adding a 50 cents-per-pack tax on cigarettes to fund education, health, childcare and other programs for expectant parents and children up to age 5.

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